Swan
designed for life

slow cook

international classic recipes

tried and tested favourites from around the world

plus hints and tips to create your own dishes

SWAN BRAND

TRADE MARK

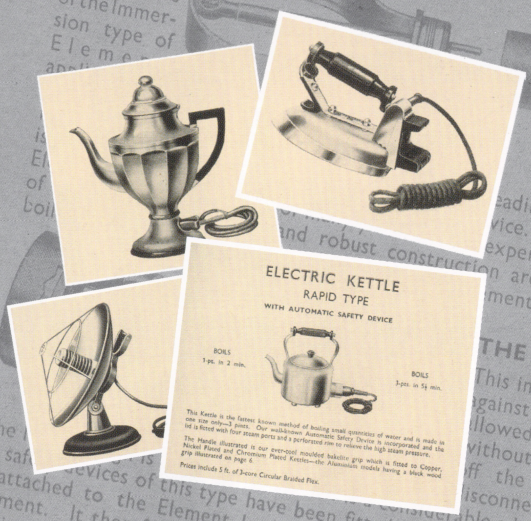
BRITISH MADE

Swan Brand Heritage

Bulpitt & Sons Ltd was a brass founders established in the latter part of the 19th century. The 'Swan Brand' name was registered by Bulpitt & Sons Ltd in the early part of the 20th century and was primarily used for their domestic range of polished aluminium products like frying pans, kettles, tea sets and jelly moulds.

In the 1920s, Bulpitts moved into electrical appliances including kettles, irons, heaters and steamers. They pioneered the first electric element that could be immersed in water. This was a very important breakthrough because it meant that a whole 6 pints of water could be boiled in just over 9 minutes. This led to a whole range of products based around their 'immersion element', including tea urns, kettles, steamers and coffee percolators. Later, they developed and patented a unique safety cut-out for kettles, where the connector would be automatically disconnected if the element overheated.

The Swan brand continued it's success throughout the next few decades and became synonymous with solid, British manufacturing quality and innovation. There was a Swan branded product in virtually every home.



Swan factory, Camden St, Birmingham c1933

contents

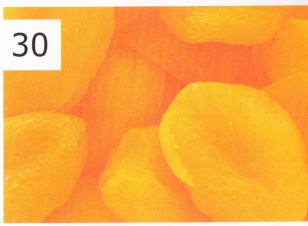
STARTERS 4

MAIN DISHES
MEAT, POULTRY AND GAME 8

MAIN DISHES
FISH AND VEGETARIAN 24

SIDE DISHES 28

DESSERTS 30



The enclosed recipes have been designed with the 5 litre slow cooker in mind, however they can be made in any sized slow cooker. Simply adjust the ingredients accordingly. Have fun experimenting!

Please note the photography is for illustration puposes only.

starters

MINESTRONE
SUMMER VEGETABLE SOUP
CELERY SOUP

MINESTRONE

2 carrots, finely grated
2 potatoes, finely grated
2 sticks celery, finely grated
1 courgette, finely grated
1 onion, finely grated
200g dried haricot beans, soaked overnight,
drained and boiled vigorously for 10 minutes
1 400g tin chopped tomatoes
1 litre water
1 teaspoon dried oregano

DO NOT ADD ANY SALT at this stage of the cooking process, or the beans will not soften. Add salt to taste when the soup is ready.
Place all the ingredients into the Swan Slow Cooker bowl.
Cook on HIGH for 6 hours or on LOW for 8 hours
or on AUTO for at least 6 hours.
Garnish with finely chopped parsley and serve
with grated Parmesan cheese.

SUMMER VEGETABLE SOUP

1 courgette, grated
2 small carrots, grated
1 onion, finely chopped
1 400g tin chopped tomatoes
1 tablespoon tomato puree
1 clove garlic, finely chopped
650ml vegetable or chicken stock

Place all the ingredients into the Swan Slow Cooker bowl.
Cook on HIGH for 6 hours or on LOW for 8 hours
or on AUTO for at least 6 hours.

CELERY SOUP

3 sticks celery, sliced
2 large potatoes, peeled and sliced
1 onion, sliced
1 litre chicken stock
Cream

Put celery, onions, potatoes and stock into the Swan Slow Cooker bowl.
Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.
Blend until smooth and stir in 50ml cream.

HINTS AND TIPS

The Swan Slow Cooker is perfect for creating a wide variety of tasty and nutritious soups. We have given you our favourite recipes, but why not try experimenting to create your own family favourites.

We recommend that you use a well flavoured stock and fresh ingredients to make delicious and healthy soups.
For a hearty winter soup, use approx 900g of vegetables to 1 litre of liquid.
Increase the ratio of liquid to 1 litre to 275g of solid ingredients for a lighter broth.
Starchy vegetables such as potatoes and carrots will create a thicker, creamier soup than vegetables such as courgettes, peppers and tomatoes.
If you are using dried beans, make sure that they are soaked for at least 8 hours and then boiled vigorously for 10 minutes before adding to the Swan Slow Cooker bowl. Do NOT add salt until the beans are fully cooked.
Alternatively substitute tinned beans.

main dishes

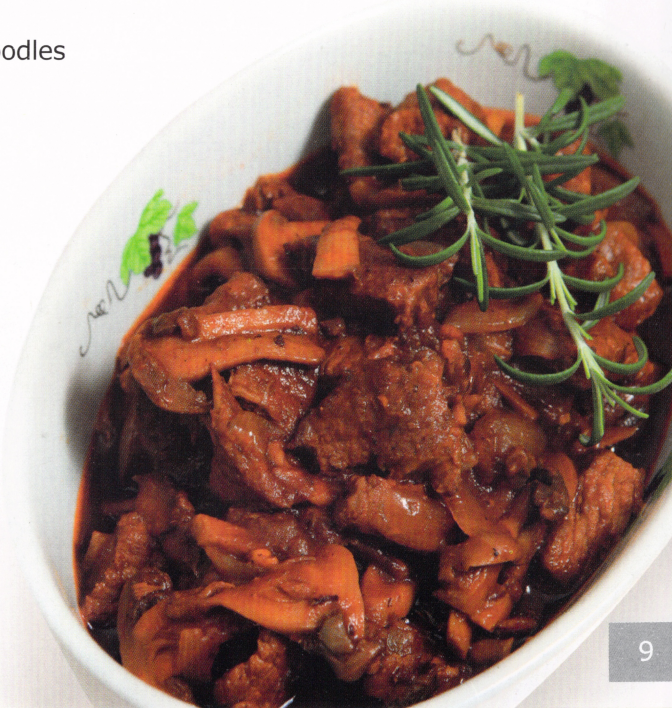
MEAT, POULTRY AND GAME

BOEUF BOURGUIGNONNE

1kg steak, cut into 2.5cm cubes
1 tablespoon oil
1 large onion, thinly sliced
500ml Burgundy
200ml stock
2 cloves garlic, crushed to a paste with 1 teaspoon salt
2 teaspoons dried thyme
1 bay leaf
350g small onions, peeled but left whole
250g thick cut bacon, cut into lardons
150g whole button mushrooms

Brown the meat and transfer to the Swan Slow Cooker bowl.
Cook the sliced onions until soft and add to the bowl.
Fry the bacon lightly and add to the bowl with all the other ingredients.
Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.

Serve with buttered noodles and green salad.



SPANISH PORK WITH OLIVES

900g pork, cut into 2.5cm cubes
2 tablespoons olive oil
2 medium onions, finely sliced
400g skinned and chopped tomatoes
150ml red wine
Juice and grated rind of 1 orange
2 cloves of garlic, crushed
1 green pepper, chopped
50g olives, sliced

Heat the oil in a frying pan and brown the pork cubes.
Transfer to the Swan Slow Cooker bowl.
Gently fry the onions until soft and add to the pork.
Add all the other ingredients to the Swan Slow Cooker bowl.
Cook on HIGH for 6 hours or on LOW for 8 hours
or on AUTO for at least 6 hours.
Serve with saffron rice.

POACHED CHICKEN WITH VEGETABLES

Whole chicken, weighing approx 1.5 - 1.75kg
2 carrots, sliced
2 onions, sliced
2 sticks celery, sliced
2 bay leaves
1/2 teaspoon dried tarragon
300ml water

Place all the ingredients into the Swan Slow Cooker bowl.
Cook on LOW for 8 hours.

CHILLI

500g minced beef
1 teaspoon oil
450g onion, finely chopped
4 cloves garlic, finely chopped
2 sticks celery, finely chopped
2-6 red chillies (according to taste), de-seeded and finely chopped
1 400g tin tomatoes
4 tablespoons tomato puree
2 tablespoons red wine
2 teaspoons ground coriander
1 teaspoon ground cumin
1 tablespoon brown sugar
1 400g tin red kidney beans

Preheat the Swan Slow Cooker on HIGH.
Brown the meat and add to the Swan Slow Cooker.
Brown onions, garlic, chilli and celery in the same pan, then add to the Swan Slow Cooker.
Add all remaining ingredients.
Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.

GOULASCH

700g cubed beef, 2.5cm cubes are ideal
2 onions, sliced
2 cloves garlic, crushed
2 red peppers, sliced
1 tablespoon paprika
2 tins chopped tomatoes
Sour cream

Brown the meat and transfer to the Swan Slow Cooker bowl.
Cook the sliced onions and garlic until soft and add to the bowl with all the other ingredients, except the sour cream.

Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.
Serve with sour cream, rice and green salad.

RABBIT IN MUSTARD SAUCE

1 rabbit, approx 1kg in weight
250g streaky bacon, cut into small pieces
4 onions, finely sliced
500ml chicken stock
150ml white wine
1 bay leaf
1 dessertspoon Dijon mustard
60ml double cream
25g soft butter
25g flour

Lightly fry the bacon until just coloured.
Transfer to the Swan Slow Cooker bowl.
Place rabbit on top of the bacon.
Gently fry onions until soft and add to bacon and rabbit.
Add the stock, wine, mustard and bayleaf.

Cook on HIGH for 6 hours or on LOW for 8 hours
or on AUTO for at least 6 hours.

When the dish is cooked, mix the softened butter and flour
to make a paste and stir into the sauce with the cream.
Cook for a further 10 minutes.
Garnish with chopped parsley and serve.

PORK IN CIDER

25g butter and 1 tablespoon oil
400g onion, chopped
900g pork, 2.5cm cubes are ideal
200g carrot, sliced
200g apple, peeled and cubed
600ml dry cider
200ml chicken or vegetable stock
2 teaspoons thyme
2 teaspoons sugar

Heat the oil and butter in a frying pan.
Brown the meat and transfer to the Swan Slow Cooker bowl.
Cook the sliced onions in the frying pan until soft.
Add to the pork.
Add all the other ingredients to the Swan Slow Cooker bowl.

Cook on HIGH for 6 hours or on LOW for 8 hours
or on AUTO for at least 6 hours.

COQ AU VIN

600g chicken, 3cm cubes are ideal
250g streaky bacon, cut into strips
16 small onions
2 cloves garlic, crushed
2 sprigs thyme
2 bay leaves
500ml red wine
250g mushrooms
1 tablespoon flour, kneaded into 1 tablespoon softened butter

Fry the bacon until it changes colour - transfer to the Swan Slow Cooker bowl.
Fry the chicken until coloured all over and add to the bowl.
Add all other ingredients, except the roux mix.

Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.
Stir in the roux mix and cook on HIGH for 15 minutes.

CHICKEN KORMA

1 tablespoon oil and 25g butter
600g chicken fillet, 3cm cubes are ideal
1 onion, sliced
2 cloves garlic, crushed
3cm piece root ginger, peeled and grated
1 tablespoon ground cumin
2 tablespoons ground coriander seed
2 teaspoons ground fenugreek seed
1/2 teaspoon ground chilli
2 teaspoons turmeric
1 tablespoon paprika
1 teaspoon salt
1 teaspoon sugar
1 400g tin chopped tomatoes
1/2 mango, peeled and sliced
50g creamed coconut
Juice of 1 lemon
200ml water

Heat the oil and butter in a frying pan
and brown the chicken pieces.
Transfer to the Swan Slow Cooker bowl.
Gently fry the onion, garlic and ginger until soft.
Stir in the spices and fry for 1 minute.
Add to the Swan Slow Cooker bowl.
Add all the other ingredients to the bowl and stir to mix.

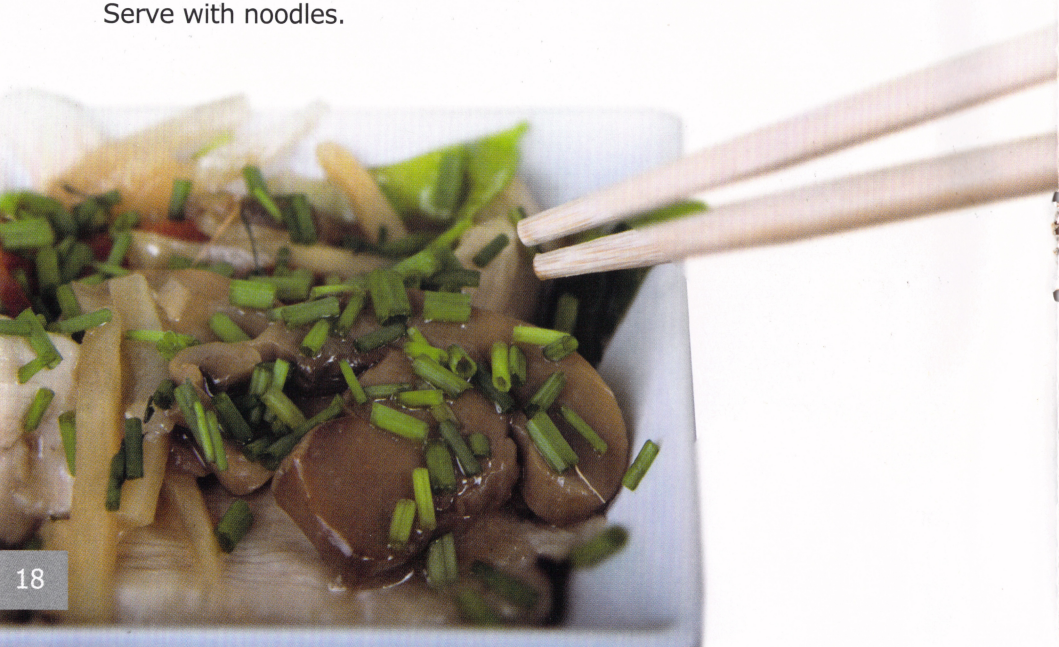
Cook on HIGH for 5 hours, LOW for 8 hours
or cook on AUTO to be ready in 5 hours,
before switching to low setting to keep warm.

CHINESE CHICKEN AND MUSHROOM

1 tablespoon cooking oil
4 chicken joints
2 onions, roughly chopped
2 tablespoons cornflour
150ml chicken stock
350g Button mushrooms, halved
2 tablespoons soy sauce
Juice of 1 lemon
1 teaspoon sugar
Salt and pepper to taste

In a large pan heat the oil and fry the chicken until golden brown.
Transfer to the Swan Slow Cooker.
In the remaining oil fry the onions until transparent.
Stir in the cornflour and add the stock gradually, stirring all the time.
Add remaining ingredients and bring to the boil.
Pour over the chicken.
Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.

Serve with noodles.



LAMB DAMPUKHT AKBAR

1kg cubed lamb
2 tablespoons oil
200g chopped onion
5cm piece of ginger, peeled and grated
2 teaspoons ground black pepper
20 cloves
8 cardamom pods, cracked
200ml water

Heat the oil and brown the meat.
Transfer to the Swan Slow Cooker.
In the same oil, sauté the onions until starting to brown, transfer to the Swan Slow Cooker.
Sauté the ginger for 2 minutes and add to the Swan Slow Cooker.
Add the spices and fry for 30 seconds.
Add to the Swan Slow Cooker.
Add the water to the Swan Slow Cooker and cook on LOW for 7-9 hours.
Serve with rice or Indian breads and raita.

BOEUF EN DAUBE AUX PRUNEAUX

1kg stewing beef
1 large can beer
18 stoneless prunes
6 tablespoons strong beef stock

Marinade the beef in the stock and beer overnight.
Place the meat, marinade and prunes into the Swan Slow Cooker.
Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.

OSSO BUCCO

served with Lemon Gremolata

1 package (14g) dried Porcini mushrooms
250ml boiling water
50ml flour
1 teaspoon salt
½ teaspoon freshly ground black pepper
6 to 8 sliced veal shanks
1 tablespoon olive oil
1 tablespoon butter
3 leeks, white part only, cleaned and thinly sliced
2 carrots, peeled and finely chopped
2 stalks celery, finely chopped
2 cloves garlic, finely chopped
1 teaspoon dried thyme or 2 sprigs fresh thyme
125ml dry white wine

In a heatproof bowl, combine Porcini mushrooms and boiling water. Let stand for 30 minutes. Drain through a fine sieve, reserving liquid. Pat mushrooms dry with paper towel and chop finely. Set aside. In a bowl, mix together flour, salt and black pepper. Lightly coat veal shanks with mixture, shaking off the excess. Set any flour mixture remaining aside.
In a large skillet, heat oil and butter over medium heat. Add veal and cook until lightly browned on both sides. Transfer to the Swan Slow Cooker.
Add leeks, carrots and celery to pan and stir well. Reduce heat to low, cover and cook until vegetables are softened, about 10 minutes. Increase heat to medium.
Add garlic, thyme and reserved mushrooms and cook, stirring, for 1 minute.
Add reserved flour mixture, and cook, stirring, for 1 minute.
Add wine and reserved mushroom liquid and bring to a boil.
Pour mixture over veal, cover and cook on LOW for 12 hours, until veal is very tender.

LEMON GREMOLATA

2 cloves garlic, minced
250ml finely chopped parsley
Grated zest of 1 lemon
1 tablespoon extra virgin olive oil

Just before serving the Osso Bucco, combine garlic, parsley, lemon zest and olive oil in a small serving bowl and pass around the table, allowing guests to individually garnish.

SHENYANG PORK

300g pork, 2.5cm cubes are ideal
130ml vegetable oil
750g aubergines, cut into chunks
650g potatoes, cut into chunks
450g green beans, cut into 5-8cm long pieces
450g tomatoes, cut into 3cm thick slices
150g mushrooms, quartered
100g wood ear fungus
2 cloves of garlic, crushed
6-8 thin slices of root ginger
8 pieces star anise
10ml soya sauce

Heat 80ml oil to high in a wok. Add in ginger, garlic, star anise, stir fry for 2 minutes. Pour in soya sauce, add pork immediately after and stir fry until the meat is no longer pink. Transfer pork, vegetables and potatoes to the Swan Slow Cooker bowl.
Heat the 50ml oil in a wok. Add aubergine, green beans, mushrooms and wood ear fungus. Stir well together, and cook for 2 to 4 minutes. Transfer mixture to the Swan Slow Cooker bowl.
Add slices of tomato on the top in the Swan Slow Cooker bowl.
Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.

SWEDISH POT ROAST

1.5kg beef rump or chuck roast
½ teaspoon salt
¼ teaspoon ground black pepper
2 teaspoons dried dill weed
60ml water
1 tablespoon vinegar
4 teaspoons cornstarch
2 tablespoons water
240ml sour cream

Sprinkle all sides of meat with salt, pepper, and 1 teaspoon of the dill. Place into the Swan Slow Cooker. Add water and vinegar. Cover and cook on LOW heat setting for 7 to 9 hours or until tender. Place meat on a platter and keep warm. Turn control to HIGH. Dissolve cornstarch in water, stir into meat drippings. Stir in remaining dill. Cook on HIGH heat setting for about 10 to 15 minutes or until slightly thickened. Stir in sour cream. Slice meat, serve with sauce.

PORK WITH CABBAGE AND APPLES

700g joint of pork
½ teaspoon salt
¼ teaspoon ground black pepper
2 onions, sliced
½ cabbage, shredded
300ml white wine
2 apples, chopped
5 juniper berries, crushed

Place all the ingredients into the Swan Slow Cooker. Cover and cook on LOW heat setting for 7 to 9 hours or until tender.

SAUSAGE CASSEROLE WITH PEPPERS

8 sausages
300g pearl barley
1 tablespoon oil
2 onions, sliced
1 400g tin chopped tomatoes
¼ teaspoon black pepper
3 red or green peppers (or use a mixture), sliced
2 teaspoons dried thyme
700ml stock

Sauté the onions in the oil.
Place all the ingredients into the Swan Slow Cooker bowl.
Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.

main dishes

FISH AND VEGETARIAN

SMOKED FISH CHOWDER

3 potatoes, thinly sliced
1 onion, thinly sliced
500g smoked cod or smoked haddock
2 bay leaves
1 tin sweetcorn
800ml water
2050ml milk
2 tablespoons cream

Place all the ingredients into the Swan Slow Cooker bowl. Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours. Stir in the cream and serve.

STUFFED SQUID

8 medium squid, cleaned
4 tablespoons fresh breadcrumbs
8 tablespoons grated Parmesan cheese
3 tablespoons chopped parsley
1 egg, beaten
2 tablespoons olive oil
2 cloves garlic, crushed
1 400g tin chopped tomatoes
140ml dry white wine
1/2 teaspoon dried rosemary
1/8 teaspoon cayenne pepper

To make the stuffing combine the breadcrumbs, cheese, parsley, egg and oil in a bowl. Carefully stuff the mixture into the squid and secure with opening with a cocktail stick. Place into the Swan Slow Cooker bowl. Add the tomatoes, garlic, rosemary, cayenne pepper and wine. Season to taste. Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.

MOROCCAN VEGETABLE STEW
(Vegetarian)

2 onions, sliced
4 sticks celery, sliced
2 carrots, sliced
4 potatoes, cut into chunks
2 red peppers, cut into 2.5cm squares
1 400g tin chick peas
2 400g tins tomatoes
2 bay leaves
100ml water

Place all the ingredients into the Swan Slow Cooker bowl. Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.

This recipe can also be cooked as a meat dish, by adding 600g cubed lamb, which has first been browned in a frying pan and reduce the number of potatoes to two.

HINTS AND TIPS

The Swan Slow Cooker is perfect for creating a wide variety of tasty and nutritious meals. Designed for moist-heat cooking, the Swan Slow Cooker produces steam which condenses on the lid, then returns to the pot, making it particularly ideal for stews and casseroles. Make sure that you do not use too much liquid – your meal will not boil dry, even after 8 hours cooking.

Slow cooked food is truly delicious – the cooking process allows the flavours to develop and the meat tenderises beautifully to give a fantastic texture as well as great taste. Experiment with cheaper and more unusual cuts of meat to create economic meals to feed the whole family.

Starchy vegetables such as potatoes can be used to thicken the sauce. Alternatively, use a roux mix (flour, kneaded into softened butter) or a cornflour and water paste stirred into the broth the end of the cooking time and cook for a further 15 minutes.

If you are using dried beans, make sure that they are soaked for at least 8 hours and then boiled vigorously for 10 minutes before adding to the Swan Slow Cooker bowl. Do NOT add salt until the beans are fully cooked. Alternatively substitute tinned beans.

When cooking whole joints of meat there is no need to brown the meat before adding it to the Swan Slow Cooker bowl. However, when creating casseroles with meat cut into small pieces (say, 2-3 cm cubes), the taste and appearance of the finished dish is enhanced by browning the meat before cooking it in the Swan Slow Cooker.

Gently frying the onions before adding them to your dish gives a rich and sweet depth of flavour.

Woody herbs such as thyme, sage and rosemary benefit from a long cooking period and should be added at the start of cooking.
Soft herbs such as basil and mint will taste better added at the end of the cooking period.

We have included some fish recipes for you to try, but fish is best cooked quickly. Why not cook your fish separately and serve it with one of our delicious side dishes?

side dishes

RATATOUILLE
RUSTIC POTATOES

RATATOUILLE

1 onion, finely sliced
2 cloves garlic, chopped
1 aubergine, cut into 2cm cubes
3 courgettes, sliced
2 red peppers, sliced
2 green peppers, sliced
2 400g tins chopped tomatoes
125ml water
Bunch of fresh basil, chopped

Fry the onion and garlic in olive oil until soft.
Transfer to the Swan Slow Cooker.
Fry the aubergine until starting to brown.
Add to the onion.
Add all other ingredients to the Swan Slow Cooker bowl.
Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.

RUSTIC POTATOES

6 medium potatoes, cut into 10ml thick slices
2 onions, sliced
200ml water
125g grated cheese
Salt and pepper

Place half of the potatoes into the Swan Slow Cooker bowl.
Lay the onions on top and cover with the rest of the potato slices.
Season with salt and pepper.
Pour in the water.
Sprinkle the cheese over the potatoes.
Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.

desserts

COMPOTE OF APRICOTS
RICE PUDDING
SPICED FRUIT SALAD

COMPOTE OF APRICOTS

500g dried apricots
100ml dessert wine
200ml orange juice
1 dessertspoon orange blossom water

Place apricots, wine and orange juice into the Swan Slow Cooker bowl.
Cook on HIGH for 6 hours or on LOW for 8 hours or on AUTO for at least 6 hours.
Allow to cool and add the orange blossom water.
Serve with cream, crème fraîche or ice cream.

RICE PUDDING

Freshly grated nutmeg
1 teaspoon vanilla essence
50g raisins (optional)
150ml cream
50g pudding rice (short grain)
2 tablespoons sugar
150ml evaporated milk
675ml milk

Put rice, sugar, vanilla and milks into the slow cooker bowl.
Add the raisins, if using.
Sprinkle on the nutmeg.
Cook on HIGH - ready in 2 hours, will cook for up to 4 hours.
Stir in the cream and cook for a further hour.

SPICED FRUIT SALAD

250g prunes
75g dried cherries
250g dried apples
300ml red wine
300ml water
5 cloves
1 cinnamon stick

Place all the ingredients into the Swan Slow Cooker bowl.
Cook on HIGH for 6 hours or on LOW for 8 hours
or on AUTO for at least 6 hours.
Remove the spices and serve with crème fraîche, yoghurt
or ice cream.

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